



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 35186, Corned beef and potatoes in tortilla (Apache)

Report Date: May 31, 2017 03:26 EDT

Nutrient values and weights are for edible portion.

Food Group : American Indian/Alaska Native Foods

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
Proximates				
Water ¹	g	52.51	2	--
Energy	kcal	224	--	--
Energy	kJ	936	--	--
Protein ¹	g	7.91	2	--
Total lipid (fat) ¹	g	8.31	2	--
Ash ¹	g	1.92	2	--
Carbohydrate, by difference	g	29.35	--	--
Fiber, total dietary ¹	g	1.5	2	--
Sugars, total ¹	g	1.79	2	--
Sucrose ¹	g	0.37	2	--
Glucose (dextrose) ¹	g	0.21	2	--
Fructose ¹	g	0.25	2	--
Lactose ¹	g	0.00	2	--
Maltose ¹	g	0.97	2	--
Galactose ¹	g	0.00	2	--
Starch ¹	g	25.99	2	--
Minerals				
Calcium, Ca ¹	mg	27	2	--
Iron, Fe ¹	mg	1.80	2	--
Magnesium, Mg ¹	mg	22	2	--
Phosphorus, P ¹	mg	82	2	--
Potassium, K ¹	mg	275	2	--
Sodium, Na ¹	mg	511	2	--

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
Zinc, Zn ¹	mg	0.88	2	--
Copper, Cu ¹	mg	0.066	2	--
Manganese, Mn ¹	mg	0.310	2	--
Selenium, Se ¹	µg	11.3	2	--
Vitamins				
Thiamin ¹	mg	0.277	2	--
Riboflavin ¹	mg	0.135	2	--
Niacin ¹	mg	2.545	2	--
Vitamin B-6 ¹	mg	0.214	2	--
Folate, total ¹	µg	70	2	--
Folate, food	µg	70	2	--
Vitamin B-12 ¹	µg	0.23	2	--
Vitamin E (alpha-tocopherol) ¹	mg	0.20	2	--
Tocopherol, beta ¹	mg	0.01	2	--
Tocopherol, gamma ¹	mg	0.26	2	--
Tocopherol, delta ¹	mg	0.08	2	--
Vitamin K (phylloquinone) ¹	µg	3.1	2	--
Lipids				
Fatty acids, total saturated	g	3.366	--	--
8:0 ¹	g	0.000	2	--
10:0 ¹	g	0.000	2	--
12:0 ¹	g	0.000	2	--
14:0 ¹	g	0.178	2	--
15:0 ¹	g	0.027	2	--
16:0 ¹	g	1.801	2	--
17:0 ¹	g	0.071	2	--
18:0 ¹	g	1.272	2	--
20:0 ¹	g	0.018	2	--
22:0 ¹	g	0.000	2	--
Fatty acids, total monounsaturated	g	3.345	--	--
14:1 ¹	g	0.028	2	--
15:1 ¹	g	0.000	2	--

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
16:1 undifferentiated ¹	g	0.186	2	--
17:1 ¹	g	0.000	2	--
18:1 undifferentiated ¹	g	3.091	2	--
20:1 ¹	g	0.039	2	--
Fatty acids, total polyunsaturated	g	0.864	--	--
18:2 undifferentiated ¹	g	0.781	2	--
18:3 undifferentiated ¹	g	0.070	--	--
18:3 n-3 c,c,c (ALA) ¹	g	0.070	2	--
18:3 n-6 c,c,c ¹	g	0.000	2	--
20:2 n-6 c,c ¹	g	0.014	2	--
20:3 undifferentiated ¹	g	0.000	2	--
20:4 undifferentiated ¹	g	0.000	2	--
Cholesterol ¹	mg	11	2	--

Amino Acids

Other

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 8c, 2004 Beltsville MD